

Full Report (All Nutrients)
45135097, Mashed Potato and Bicuits, UNPREPARED, GTIN: 00050100142261

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: May 27, 2017 04:16 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer ConAgra Foods Inc.

Nutrient	Unit	Data points	Std. Error	6.0 OZ (170g) makes about 1 cup prepared 170g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	299	176
Protein	g	--	--	7.00	4.12
Carbohydrate, by difference	g	--	--	39.00	22.94
Sugars, total	g	--	--	6.00	3.53
Minerals					
Calcium, Ca	mg	--	--	60	35
Iron, Fe	mg	--	--	1.45	0.85
Potassium, K	mg	--	--	201	118
Sodium, Na	mg	--	--	1090	641
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	2.99	1.76
Fatty acids, total monounsaturated	g	--	--	4.50	2.65
Fatty acids, total polyunsaturated	g	--	--	4.50	2.65
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	15	9

Amino Acids

Other

Ingredients

CREAMY GRAVY FLAVORED WITH WHITE MEAT CHICKEN: Water, Cooked Chicken (Chicken Breast with Rib Meat, Water, Modified Rice Starch, Isolated Soy Protein, Salt, Sodium Phosphates), Soybean Oil, Modified Corn Starch, LESS THAN 2% OF: Maltodextrin, Salt, Butter (Cream, Salt), Rendered Chicken Fat, Canola Oil, Cream, Flavorings, Sodium Stearoyl Lactylate, DATEM, Mono- and Diglycerides, Nonfat Milk, Xanthan Gum, Chicken Fat, Titanium Dioxide, Sodium Caseinate. BISCUIT MIX: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Shortening (High Oleic Canola Oil, Hydrogenated Cottonseed Oil, Citric Acid), Leavening (Sodium Bicarbonate, Monocalcium Phosphate, Sodium Aluminum Phosphate), Cultured Buttermilk Powder, Dextrose, Salt, Natural Flavors. MASHED POTATO

MIX: Potato Flakes (Dried Potatoes, Mono and Diglycerides, Disodium Dihydrogen Pyrophosphate, Citric Acid), Soybean Oil, Shortening Powder (Soybean Oil, Nonfat Milk, Mono and Diglycerides), Salt, Sugar, Natural and Artificial Flavor (includes Corn Syrup Solids, Butter [Cream]), Spice CONTAINS: MILK, SOY, WHEAT *Date Last Updated by Company:* 09/08/2016